

Effects of Exercise and Restricted Diet in Obese Women

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ABSTRACT Obesity is primary risk factor for life threatening diseases. The purpose of this study was the find the impact of intervention, that is, a diet and exercise program on obese women. The study used purposive sampling, and an experimental pre and post design. A total of twenty obese females between the age group of 25 to 40 years were chosen. They were assigned purposively into two study groups. Group I received the diet and exercise plan while group II did not received any guidance. The sample was drawn from a health club of Raipur city Chhattisgarh. Height and weight measurements were taken using standard methodology and body fat percent was estimated using the Body Composition Analyzer. The trial period was of 4 weeks. The significant differences were observed in both groups' pre and post treatment mean value. Based on the obtained results, it can be concluded that diet and exercise is an effective intervention for obese women.